


## Meadowlands 5K Run/Walk & Health Fair



**Sunday, October 22nd, 7:30 am - 2:30 pm**  
**(rain or shine) Ages: All are welcome**

The Meadowlands Environment Center is proud to support the efforts of the Girl Scout Council of Bergen County and Troop Bergen County Advocates for Girls as they host their 3rd annual Meadowlands 5K Run/Walk & Health Fair at the New Jersey Meadowlands Commission's Environment Center. The Meadowlands 5K is an exciting day-long event that will feature three special activities to promote and educate participants about making healthy choices:

**Making Healthy Choices 5K Run** a USTAF certified run with prizes for the top finishers beginning at 9:00a.m.

 **Pink Ribbon Breast Cancer Awareness Walk** a scenic walk through the Meadowlands celebrating breast cancer survivors and highlighting awareness for education and early detection beginning at Noon.

**Interactive Health Fair** featuring educational displays and presentations from many of the area's major healthcare providers as well as a showcase presentation, designed and delivered by Girl Scout Health Ambassadors, to provide peer education on important and pertinent healthy choice topics beginning at 10:00 am.

For more information please contact the Girl Scout Council of Bergen County:

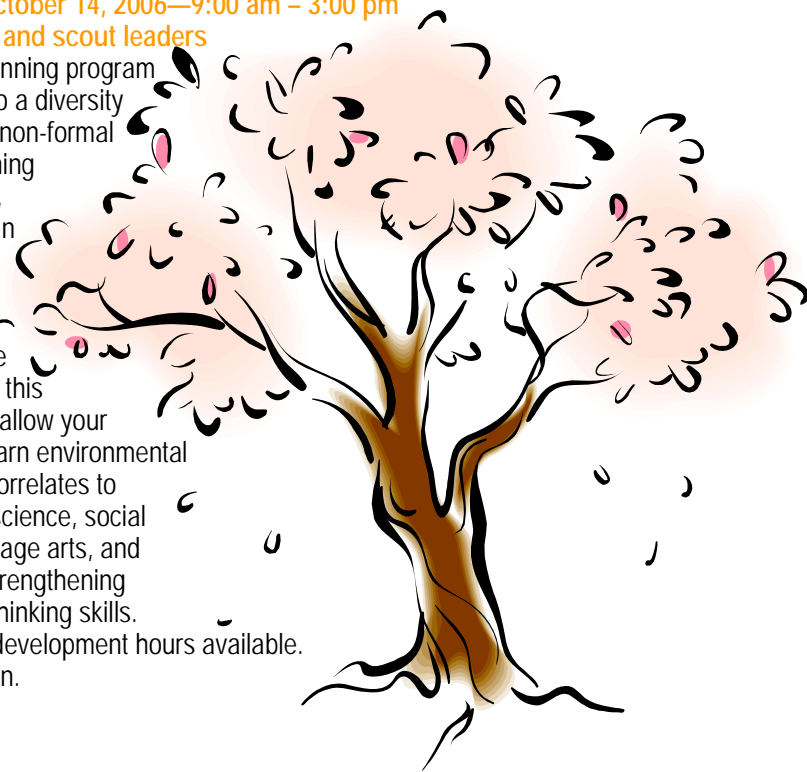
Phone: (201) 967-8100 ext. 247. Event E-Mail: [Meadowlands5K@gmail.com](mailto:Meadowlands5K@gmail.com)

Website: [www.http://gscobc.bergen.org/](http://gscobc.bergen.org/)

## Professional Development Workshop for Teachers: Project Learning Tree in the Urban Classroom

**Saturday, October 14, 2006—9:00 am – 3:00 pm**  
**K-8 teachers and scout leaders**

This award-winning program is adaptable to a diversity of formal and non-formal teaching/learning environments, including urban settings. Using trees as models, we will sample activities from this resource that allow your students to learn environmental content that correlates to standards in science, social studies, language arts, and math, while strengthening higher-order thinking skills. Professional development hours available. \$10 per person.



*For more information, contact  
The Meadowlands Environment Center  
at 201-460-8300.*

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**Meadowlands Environment Center**  
Two DeKorte Park Plaza  
Lyndhurst, New Jersey 07071

**Environment Center Hours:**  
Monday through Friday 9:00 a.m. - 5:00 p.m.  
Saturday & Sunday 10:00 a.m. - 3:00 p.m.

 Please contact the Meadowlands Environment Center offices at least one week prior to visiting to request disability related accommodations.

**Trails Open Daily** — weather permitting

*Visit our website at [www.njmeadowlands.gov/ec](http://www.njmeadowlands.gov/ec)*

*Fall 2006*

# SCHEDULE OF EVENTS



**A NEW JERSEY MEADOWLANDS COMMISSION FACILITY**

*Operated by*  
**RAMAPO COLLEGE OF NEW JERSEY**

Two DeKorte Park Plaza Lyndhurst, NJ 07071  
Phone: 201-460-8300 Fax: 201-842-0630



SEPTEMBER



Kaleidoscope of Hope Annual Lyndhurst/Bergen County Walkathon

Sunday, September 17th, 8:00 am - 12:00 pm (rain or shine) Ages: All are welcome  
The Meadowlands Environment Center is proud to support the efforts of the Kaleidoscope of Hope Foundation as they host their annual Lyndhurst/ Bergen County Walkathon at the New Jersey Meadowlands Commission's Environment Center to raise funds and awareness for ovarian cancer.



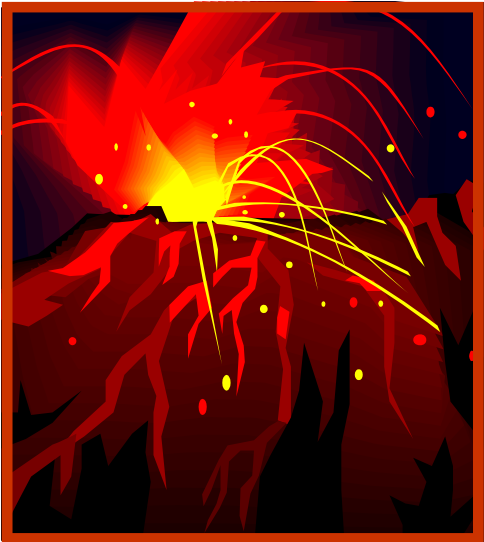
Registration and warm-up: 8:00 am - 9:00 am  
Walk begins: 9:00 am  
Post walk celebration: 11:00 am  
Distance: Choose from one, three and five-mile routes.

For more information please call: Kaleidoscope of Hope Foundation (201) 933-0038 or visit their website at [www.kohnj.org](http://www.kohnj.org)

Earthquakes, Volcanoes and Meteors

Saturday, September 23<sup>rd</sup>, 10:00 am  
Ages: 4-10 years old accompanied by an adult

Join us on a geologic excursion of the third planet from the Sun. You will take a journey through the layers that make up the planet as well as the effect of volcanic eruptions. Come see how Earth has survived violent attacks from outside invaders and the marks that have been left on the planet. \$10 covers one adult and one child; \$5 for each additional participant; Members \$8 covers one adult and one child. Pre-registration required.



The Meadowlands Experience: Pontoon Boat Cruise / Hike to the top of Laurel Hill



an NJMC pontoon boat at the River Barge Park and Marina in Carlstadt. While onboard, keep an eye out for wading birds, shorebirds and other wildlife while learning about the history of the region. Then join the NJMC for a moderate-level climb up Laurel Hill, a 150-foot basalt rock shaped by a glacier and years of mining. The hill offers an aerial perspective of the Hackensack River, marshes, roadways and buildings that make up the 32-square mile Meadowlands. \$20 per person. Pre-registration is required by phone (201) 460-4640. Hiking boots, long sleeves and water are suggested. Cameras are encouraged.

Saturday, September 23, 2006  
8:00 am – Noon  
Rain Date September 30  
Ages: 18 years old and up  
Get a breathtaking look at the Meadowlands as New Jersey Meadowlands Commission staff lead a hike up Laurel Hill in Secaucus. Participants will board

OCTOBER

Stoplight Safari

Saturday October 21<sup>st</sup>, 10:00 am  
Ages: 4 -8 years old accompanied by an adult

This program will help turn your child's eyes away from the DVD player to the outside world. Learn about local plants, birds and landscapes that will prepare you and your child for your first Stoplight Safari. Using household items, we will put your Safari kit together and teach you the tricks to turn normal activities into a natural journey. Program will include a nature walk if the weather permits. All materials included. \$10 covers one adult and one child; \$5 for each additional participant; Members \$8 covers one adult and one child. Pre-registration required.



Halloween in the Meadowlands

Thursday, October 26<sup>th</sup>, 5:30 - 8:30 pm  
Age: 5-10 years old accompanied by adult

Join the staff of the New Jersey Meadowlands Commission and the Meadowlands Environment Center for some Halloween fun and get set to be spooked. We'll have crafts, snacks, a hayride, and a mystery walk that will leave you shuddering with suspense! Register early so you don't miss out! This event has limited space available. \$7/person; Members \$5/ person. Pre-Registration Required. Groups welcome!

NOVEMBER

Tales of the Lenape

Saturday, November 4<sup>th</sup>, 2:00-3:30 pm  
Ages: All are Welcome

Many of us are unfamiliar with the rich cultural past that exists in our area. Stories of native Lenape inhabitants, Dutch settlers and pirates looting ships sailing the Hackensack River! Join us in an afternoon of storytelling led by Tackwaakuw-wulaxan (Autumn Wind), a member of the Ramapough Lenape as she compels us with her people's oral tradition. As you listen to the "Creation of Man" and "the Spirit World" discover the tradition and artifacts that accompany each tale. \$10 covers one adult and one child; \$5 for each additional participant; Members \$8 covers one adult and one child. Pre-registration required.



DECEMBER

Terrapin Tales

Saturday, December 2nd, 10:00 am  
Age: 6 years old and up

Take a deep dive into the Hackensack Meadowlands salt marshes during this adventurous storybook tale. Join Stinky, a diamondback terrapin who overcomes predation along the journey of life. A turtle nature craft will help students to understand the terrapin's life cycle and function in such a remarkable habitat that they exclusively call "home". \$10 covers one adult and one child, \$5 for an Additional participant; \$8 for members. Pre-Registration required.



Cool Weather Creations

Sunday, December 10<sup>th</sup>, 1:00 pm  
Age: 5-7 years old accompanied by an adult

Get into a snowy state of mind in this fun, family program that will introduce you to several creative ways to make merry the winter season. Make and take several winter crafts that will symbolize this special season of giving. \$10 covers one adult and one child, \$5 for an additional participant; Members \$8 covers one adult and one child. Pre-Registration Required.

Program Registration

- There are now 2 ways to register:
- 1.) Use our new convenient on-line registration system. Just log on to our web-site at [www.njmeadowlands.gov/ec](http://www.njmeadowlands.gov/ec) and click on program registration.
  - 2.) Fill out the registration form below and mail it along with payment to the address below.

No phone registration please!  
Please make payment by cash or check. Make checks payable to: Meadowlands Environment Center.

Mail or bring pre-registration to:  
Meadowlands Environment Center 🌳 Two DeKorte Park Plaza 🌳 Lyndhurst, NJ 🌳 07071  
Group size is limited for all events. Advanced registration ensures a place and enables us to add additional programs if necessary.

For more information or questions about programs, call (201)-460-8300.

Program Choices:

Please specify date when registering.

PROGRAM TITLE & DATE	# OF ADULTS	# OF CHILDREN	AGES OF CHILDREN	PROGRAM COST	TOTAL
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Name of participant(s): \_\_\_\_\_

Address \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone #: \_\_\_\_\_ Work Phone #: \_\_\_\_\_

E-mail address: \_\_\_\_\_

☐ Check here if you are a member. Membership number please: \_\_\_\_\_